



# Monthly Strides

## Taking strides to better your health

### September Issue Includes

- **Family Health and Fitness Day (September 26)**
- **Food Safety Education Month**
- **Fruits and Veggies- More Matters Month**
- **National Cholesterol Awareness Month**

### Food Safety Education Month

#### Washing Produce

Before using fresh produce to eat or add to a meal, wash it under cold running water to remove any dirt. This reduces bacteria that may be present. If there is a firm surface, such as on apples or potatoes, the surface can be scrubbed with a brush. Consumers should not wash fruits and vegetables with detergent or soap. You could ingest residues from soap or detergent absorbed on the produce.

When preparing produce, cut away any damaged or bruised areas, because bacteria that cause illness, thrives in those places. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.

To learn more about preventing food poisoning, visit [www.foodsafety.gov](http://www.foodsafety.gov).



### Family Health and Fitness Day

Family Health & Fitness Day USA is a national health and fitness event for families. The event's purpose is to promote family involvement in physical activity. Get out with your family and play!

To learn more, visit StayWell Online at <https://delaware.online.staywell.com> and click on "Physical Activity" under "Health Centers."

### Fruits and Veggies - More Matters Month

Getting a variety of fruits and vegetables in your diet is important to maintaining good health. Save time and money by doing a few of the following:

Buy pre-cut, pre-washed or pre-packaged into single servings. The fewer excuses, the more likely you will be to eat them. Purchase items on sale, at a farmers market and when you can, freeze or can them so that they are available all year long.

To learn more, visit StayWell Online at <https://delaware.online.staywell.com> and click on "Eating" under "Health Centers."

### Cholesterol Awareness Month

The higher your blood cholesterol, the greater your risk for heart attack or stroke. The problem is, you can't "feel" high cholesterol. That's why it is important to know your cholesterol level. Get your cholesterol checked, and if it's high, take steps to bring it within a healthy range. Eating the right foods and exercising regularly can help. Some people also need medication to control their cholesterol.

To learn more, visit StayWell Online at <https://delaware.online.staywell.com> and select "Cholesterol" under "Health Centers."

